

Full Report (All Nutrients) 03696, Babyfood, cereal, rice, with honey, prepared with whole milk

Report Date: June 24, 2017 23:42 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Proximates					
Water	g	74.40	--	--	21.09
Energy	kcal	115	--	--	33
Energy	kJ	481	--	--	136
Protein	g	3.90	--	--	1.11
Total lipid (fat)	g	3.30	--	--	0.94
Ash	g	1.30	--	--	0.37
Carbohydrate, by difference	g	17.10	--	--	4.85
Minerals					
Calcium, Ca	mg	291	--	--	82
Iron, Fe	mg	10.81	--	--	3.06
Magnesium, Mg	mg	45	--	--	13
Phosphorus, P	mg	181	--	--	51
Potassium, K	mg	141	--	--	40
Sodium, Na	mg	49	--	--	14
Zinc, Zn	mg	0.65	--	--	0.18
Copper, Cu	mg	0.063	--	--	0.018
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.476	--	--	0.135
Riboflavin	mg	0.608	--	--	0.172
Niacin	mg	6.083	--	--	1.725
Vitamin B-6	mg	0.115	--	--	0.033
Folate, total	µg	8	--	--	2

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Folic acid	µg	0	--	--	0
Folate, food	µg	8	--	--	2
Folate, DFE	µg	8	--	--	2
Vitamin B-12	µg	0.30	--	--	0.09
Vitamin A, RAE	µg	21	--	--	6
Retinol	µg	19	--	--	5
Carotene, beta	µg	27	--	--	8
Vitamin A, IU	IU	108	--	--	31

Lipids

Amino Acids

Other